Joe's Sourdough Pancakes

Mix together in a bowl or large measuring cup:

- **1 cup sourdough starter**
- **1 cup room temperature/warm water**
  (can substitute part milk)
- **1 cup flour (AP white or WW as desired)**
- **1 egg**
- **¼ tsp salt**
- **1 Tbs. oil**

Let sit for a few minutes, or longer (even overnight in the fridge). Measure 1 tsp. baking soda into 1 Tbs. water and mix to dissolve. Fold carefully into the batter and let sit for a few more minutes. Cook on a hot greased griddle or cast iron pan and enjoy with toppings of choice.

About City Market, Onion River Co-op

City Market/Onion River Co-op is a consumer cooperative, with over 7,000 members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, natural and conventional foods, and over 1,200 local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

City Market
Onion River Co-op

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Learn more about...

Sourdough

Keeping a sourdough culture is a fun way to participate in an ancient tradition of bread-making. Whether you are new to baking bread or an old hand, this guide contains time-tested recipes for making delicious, crusty sourdough bread and pancakes.

Feeding Sourdough

Feed starter with approximately equal amounts flour and water by weight once or twice a week (a day before baking). You can vary the texture of the starter depending on the season and amount of baking activity. In general, a wetter starter is much more active than a dryer starter and needs you to feed it and use it more often.

In the summer, keep the starter in the fridge except when encouraging activity. A dryer mix will also slow activity during warm weather. In the winter, keep the starter on the counter to prep for baking and put in the fridge for longer term storage.

If you bake regularly, you can create and use just enough starter without having to remove and compost extra. If not, you may find that you need to remove most of the starter and feed what's left to have fresh, active starter. Always scrape down the sides of the container, and clean once a month. You can re-start with very little or no starter (even your container, rinsed clean without soap has enough yeast to re-start).

Using fresh, active starter is the key to proper rising time and developing good flavor. A dough that is extra sour and slow rising may be due to old, worn-out starter. Toss it and re-start with the barest minimum.

How to Make Sourdough Bread

- **10 oz sourdough starter (1 cup)**
- **10 oz water (1¼ cup)**
- **5 oz whole wheat flour (or all-purpose white) (1 cup)**
- **5 oz all-purpose white flour**

Mix ingredients together into a wet batter. This is callled the pre-ferment. Rest for 2-4 hours, until bubbly.

Mix in **1 Tbs. salt**. The salt absorbs water and keeps the yeast from rising out of control. If you forget the salt, you can add it later, but it's harder to mix once all of the flour is in. Dough without salt is extra, extra sticky. Taste the dough if you can't remember if you added salt - you'll know.

Mix in **6-8 oz all-purpose white flour (1.5 cups)** How wet is the dough? What kind of bread are you making and what is your comfort level for hydration (wetness)? This may also vary during different parts of the year and different levels of humidity. The dough should now weigh about 40 oz total.

Mix for a few minutes and then rest for a few. The flour absorbs water and relaxes as it rests, and it is much easier to knead after it sits a few minutes. (This is also important during dividing and forming the loaf. If you work the dough too much at once, it becomes tough and unyielding. After resting, it'll stretch and hold its form much better.) Rest dough for about 45 minutes in a covered bowl (shorter in summer, longer in winter).

Knock down and knead/mix for a few more minutes. Divide dough and form into loaves. You can make two 20 oz loaves or one 16 oz pizza and a 24 oz loaf, or one kid and two adult pizza, or one huge party loaf.

If baking on a pizza stone, sprinkle a bread peel with coarse corn meal, and place formed loaves on peel to proof (rise). Or place in oiled loaf pans. Let rise 3 or more hours depending on air temp. You can retard the process at any point with refrigeration. In the winter, you can proof bread overnight on the counter to bake in the morning (air temp 60°).

Score the risen loaf with a sharp knife before baking to relieve pressure as the bread pops up.

Pre-heat oven to 400°. Bake for 25-30 minutes (pizza for 12-15 minutes). Add steam with a water sprayer to develop crust if desired.Remove bread from oven and let rest for 20-30 minutes after baking!

Basic Recipe (short instructions)

- **10 oz sourdough starter (1 cup)**
- **10 oz water (1¼ cup)**
- **5 oz whole wheat flour (or all-purpose white) (1 cup)**
- **5 oz all-purpose white flour**
- **Rest 2-4 hours, until bubbly.**
- **1 Tbs. salt**
- **6-8 oz all-purpose white flour (1½ cups)**

Mix and rest 10 min. to absorb water. Knead again and rest 45 minutes-1hour. Divide dough and form loaves. Place in oiled pans or on wooden peel with cornmeal. Proof 3+hrs.

Pre-heat 400°. Score loaves.

Bake 30 min. Remove and cool on rack before slicing.

Focaccia Variation

Make basic sourdough recipe (above).

Coat a large flat pan with **olive oil**. Stretch dough onto pan. Let rest 20 minutes, and stretch again if necessary to cover the pan. About an inch thick works great. Cover and let rise another 20-30 minutes. This timing will depend on the temperature in the kitchen.

Pre-heat oven to 400°.

Just before baking, coat dough once more on top and around the edges with olive oil. Press your fingertips deep into the dough, leaving marks, and relieving pressure on the dough so it doesn't burst open. Sprinkle with **coarse sea salt** and **rosemary**.

Bake approximately 20 minutes, or remove when golden brown at the edges and golden on top, depending on exact oven conditions. Remove and cool on rack before slicing